

## Claims

1. A method of augmenting endogenous vertebrate growth hormone release by a chemical synergy between oral intake of a component 1 such as the compound acetyl-L-carnitine and a component 2 such as the compound L-ornithine.
2. The method in Claim 1 wherein component 1 may also be a substance selected from a group consisting of acetyl-L-carnitine, any acylated ester of L-carnitine having an acyl chain of three to six carbon length, pharmacological acceptable salts thereof, mixtures thereof, and a pharmacological appropriate dose over the range of 10 milligrams to 20 grams.
3. The method in Claim 1 wherein component 2 may also be a substance selected from a group consisting of L-ornithine, L-ornithine HCl, mixtures thereof, and a pharmacological appropriate dose over the range of 1 milligram to 1 gram.
4. The method in Claim 1 wherein various pharmacological dosages of the component 1 and the component 2 may be administered by techniques selected from a group consisting of any appropriate physiological formulation for delivery of an oral dietary supplement, separate oral ingestion of the component 1 and the component 2 at approximately the same time, and oral ingestion of a mixture of the component 1 and the component 2 as a single formulation.
5. The method in Claim 1 where ingestion of the component 1 and the component 2 occurs within one hour of night time sleep and is preceded by an absence of food intake for approximately 3 to 4 hours.
6. The method in Claim 1 wherein the preferred human oral ingestion within one hour of night time sleep consists of 500 milligrams of component 1 and 20 to 50 milligrams of component 2 to restore

young adult growth hormone release levels to aging humans.

7. A method for augmenting the rate of growth of immature domestic animals by oral ingestion administration of the method of Claim 1 at any time during the day.
8. The method of Claim 7, wherein the appropriate pharmacological dose of the component 1 is the product of multiplying 8 milligrams by the numerical value of the animal weight in kilograms and the component 2 dose is a range of 1 to 4 milligrams multiplied by the numerical weight of the animal in kilograms.